

**SPECIFICATION AMENDMENT**

Please amend the paragraph starting on page 2, line 23 as follows:

“Figure 1 illustrates an activity monitor 1 embodying one aspect of the present invention. The activity monitor 1 comprises a measurement unit 11, a processor 12, and a memory unit 13. The measurement unit 11 is operable to produce data signals indicative of the motion of the activity monitor 1, and to supply those data signals to the processor 12. The processor 12 is operable to process the data signals output from the measurement unit, and is able to store the data signals, or the results of the processing in the memory unit 13. Data can be transferred between the processor and the memory unit 13. The processor 12 is also able to be connected to an external [hose] host system 2, which can be a personal computer (PC) or other appropriate systems. The external [hose] host system 2 can be used to perform additional processing of the data held in the activity monitor 1.”